

### Basketball--3.

a violation.

"Fisting" the ball is a violation always.

"foul" infraction of the rules, the penalty for which is one or more free throws.

"Technical fouls" include such infractions as delaying the game, arguing with officials, entering the game after leaving it three times, or using unsportsmanlike tactics.

"Personal fouls" include holding, tripping, charging, pushing, blocking, or face-guarding an opponent; also using unnecessary roughness. Personal fouls are penalized with two free throws if committed on a player who is in the act of shooting for goal, provided the field goal is missed. If the field goal is made, the "basket counts" but only one free throw is awarded. If the fouled player was not in the act of shooting for goal, only one free throw is awarded him. However, in all above cases the offender is charged with one personal foul; and when he has four personal fouls called on him he is automatically disqualified from the game.

N.B. As in the case of volleyball, it is advisable in teaching basketball to beginners to split its technique into, say, the following "skills": (a) dribbling; (b) passing; (c) shooting; (d) guarding, etc.

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### BOXSOCCER.

Where gymnasium facilities permit it (large floor, solid walls, etc.) indoor or box-soccer is a good men's game on a cold day. Practically any number of players can take part, but actually it requires more skill and is less dangerous if only a limited number (say, 5 or 6 on each side for an average basketball floor) play at one time.

The soccer-ball may be played with any part of the body, save the hands or arms (this exception, of course, does not apply to the goal-keeper). Handling is best penalized by a one or two-minute disqualification from the game, of the offender, and the game is resumed by the Official's dropping the ball between two opposing players. A similar penalty (or one of longer duration, if necessary) should be imposed on any player using unnecessary roughness or unsportsmanlike tactics.

To prevent possible injuries, players should be warned against kicking too hard, and in this connection it is wise to have very low goals (a bench on its side, for instance) as well as a goal area or "crease" inside which the opposition cannot score.

Boxsoccer should not be carried on too long, because it is an exceptionally strenuous game.

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### TABLE TENNIS.

A popular game at most of our Centres, that can be enjoyed even by one with a scant knowledge of its technique and rules, is table tennis.

Dimensions of table: 5 x 9 ft. Height of net 8 inches.

Scoring: "Game" is 21 points, but must be won by 2 clear points (e.g. 24-22). A point is awarded at the end of every play.

Service: Players serve alternately, each taking five consecutive serves.



#### Table Tennis--4.

In serving, a player must hit the ball against his end of the table first before it bounds over the net. Should the ball tip the net and fall "fair" (i.e. into the opponent's court), the service is retaken. The server's bat must not reach over the table when he is in the act of serving.

Return: The ball must at all times come in contact with the table ("one bounce") before it is returned. Volleying, in other words, is not permitted. If hit on the second or later bounce, the return does not count, the opponent scoring a point. Killing or smashing is allowed as long as no part of the player's body is leaning on the table.

For Doubles: The court is divided into 4 areas by a line down the centre of the table (lengthwise), and the server must place his serve in the diagonally opposite court. When he has had five serves, the service is taken by the opponent standing diagonally opposite; then by the first server's partner; and lastly by the remaining player. Then this cycle is repeated.

One-bat doubles: Much fun can be derived from this variation of the regulation doubles match, each pair of players using only one bat between them, and hitting the ball alternately, laying the bat on the table after each hit, so the partner can use it. With this exception, all other rules apply.

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#### TAG GAMES.

HAND TAG: Any apparatus allowed for hanging, but only one person is allowed at a time upon a support, and the last one assuming the hanging position has the claim to the apparatus, so that the former possessor must find another support in order to be safe.

FRENCH OR POISON TAG: If touched a player must hold the part of the body where he was touched and with this handicap chase the others.

CHAIN TAG: Half-a-dozen "It's" are chosen, and as players are caught they form a chain with the original "It's" by whom they were tagged. Only the end players of a chain who have a free hand are able to tag, and they may do so only if the chain is unbroken.

SOCCER TAG: "It" is given a soccer ball which he tries to kick against somebody's feet. The one who is thus hit is the new "It".

CIRCLE CHASE: The players stand around a chalk circle at wide and equal intervals, all facing in the same direction. At a given signal, they start to run around outside the circle, each player attempting to tag the one immediately in front of him. As soon as a player is touched he falls out. The aim of every player should be to put out as many others as possible without himself being tagged.

Variation: while the players are running, a whistle may be blown, at which signal they turn about and chase in the opposite direction.

Note: with large numbers the class may be split up into several groups, each group engaging in the game while the others remain still to form a ring.



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TARANTELLA.

"T"--denotes tambourine.

Dancers in circle. T. in right hand.

Music--"Tarantella".

Each step is done to 16 bars.

First Step: L toe touch front then side. Now Bourree which is step side R foot, step L back of R, step side R. L foot close third front. Repeat whole step 7 more times. Second time starting R foot, etc. Hands are on hips.

Second Step: Run L. R. L. Develop R. with deep knee bend on L. Hand clap T. at side. Repeat 7 more times. Second time start R foot.

Third Step: Pas de basque, Start L, hands clap T low, repeat R, hand clap T. high, Repeat 6 more times.

Fourth Step: L toe pointed front, bend and touch toe with T. 1. Raise and bend back clapping T above head. 2. bend to toe. 3. Raise. 4. Bend. 5. Raise with a twist and deep bend back to R. Count 6. 7. Close third position. T clap above head. 8 Repeat starting R.

Fifth Step: Pas de Basque. R.L. Turn to R in two counts. First R arm down during the turn then up. Repeat 3 more times. Starting pas de basque R foot each time.

Sixth Step: Hop on R foot. Raise L. hand clap T high, hop R. L foot across R, hands clap T. Right, turn to L. Repeat, R.L.R.

Seventh Step: Turn to side, travelling clockwise around circle all face out. Hop on L. Raise R knee. Hands clap T above head. 1. Hop L, smack T on raised R knee. 2. Step to R on R foot, feet apart, 3. Bend over to L all weight on R leg. 4. Repeat to 16 bars. Raising R knee throughout.

Eighth Step: Second step 4 times. Pivot to R 8 quick pivots. Pivot to L to 8. Pose. L toe pointed front, lean back. T raised above the head. R hand. L on hip.

Note: In all Tambourine dances, the tambourine is kept in the same hand throughout the dance.

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WALTZ DANCE.

Arranged by: Mrs. Horsfield.

Rhythmic dances in circle around the room.

Music: Waltz. Donan-Wellen by Ivanovici. (Could be danced to any good waltz)

Each step is done 16 bars.

- FIRST STEP: Six Pas de Basque, starting with left foot, step left into low yard V, step right into high yard V. (Arms in opposition.)
- SECOND STEP: Down to left up to right, roebuck skip to 14, step on left into low yard V, 15--16.
- THIRD STEP: Up on right, back on left, bringing right up in front and hands, make half turn on right to right, step on left four counts, repeat three more times.
- FOURTH STEP: Freeze positions, 1 left foot low yard V, 2 right foot high yard V, 3 left knee bent turn arms back, 4 right arms and head turned to right.
- FIFTH STEP: Done towards centre step on left and up step right and up, up left up right, turn to right, and repeat back again to outside room. On last turn numbers ones face round the room clockwise and number twos counterclockwise.
- SIXTH STEP: Running waltz passing first left shoulders and then right.
- SEVENTH STEP: All face in, double pick-up. left then right. look left then right, push left then right.
- EIGHTH STEP: Leaps to 8, 4 runs, turn and sink down.
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TAMBOURINE DANCE.

Music.....Zapateado. Play through as written.

For Boy and Girl. Boy on the left. Couples make a circle on the stage.

- FIRST STEP: First 4 bars twice. Point left foot front, hands clap tambourine front. Point left foot rear, hands clap tambourine rear. Pivot round to left with left arm raised, right on hip. (4 counts in all) Repeat step right, left, right.
- SECOND STEP: Next 8 bars and repeat them. Left foot coupe ballone 3 times. (This is a cutting of the weight from the left onto the right foot and bringing the left foot up to the right knee while hopping on the right.) Stamp in third position left and, stamp in third position right. Hands are on the hips until the stamps then they change from fourth position left to fourth position right. Repeat step starting right.
- THIRD STEP: Next 8 bars and repeat. Partners now work away from each other, e.g. starting outside foot. Glissard (which is a step obliquely forward) Ballone and repeat, turn round hopping on outside foot opposite arm and leg raise. Stamp third position and third position. Repeat the step starting with inside foot.
- FOURTH STEP: 8 small steps coming forward. The foot is raised in front while hop on other foot, 8 counts. Then jump feet together in third position left. Jump into second position. Jump into third position right. Jump turning all the way round to the right. Repeat the step backwards. The last jump turn to face partner.
- FIFTH STEP: Partners hold hands. The Carioca step four times. Partners face single arm roundwaist pivot round clockwise 8 counts. Repeat counter-clockwise.
- SIXTH STEP: As step No. 1, and then 4 simple ballet pivots.
- SEVENTH STEP: Step forward right, then on left foot, right foot across left with deep knee bend, step backward with left, back with right. Close left back to right, pivot to right and pose. Girl bends back over boy's inside arm; boy's outside foot pointed and arm up.
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GOVERNMENT OF BRITISH COLUMBIA.

TAP DANCING.

By: Miss F. Borde.

"SWANNEE TAPPERS"

(Music-"Swannee River")

Entrance.

Slap left, brush right.  
Hop " front back straight straight  
right, straight right  
Front back straight straight left  
Repeat 4 times, starting on left foot  
each time.

First Step.

Slap left, tap right, tap left.  
" right " left, " right.  
" left " right " left,  
right, left, right, left.  
Reverse, starting with right foot.  
Repeat whole step 4 times.

Second Step.

Hop right, tap left foot in front.  
" " slap " heel.  
" " tap " foot back.  
" left " right " "  
4 slaps forward, starting with left  
foot.  
Reverse, starting with hop on left  
foot.  
Repeat 4 times.

Third Step.

Slap right, tap left.  
Heel " " "  
" " " "  
Repeat 3 times.  
Front back straight right.  
" straight left, straight right.  
Reverse, starting with front back on  
left foot.  
Repeat whole step twice.

Fourth Step.

Heel tap to right, with right foot,  
tap left.  
Hop left and tap right twice.  
" " front back straight straight  
right, straight right turning.  
Repeat 4 times, moving right.

Fifth Step.

Front back straight straight right.  
Slap right, heel tap right.  
Reverse (left foot)  
Repeat on right foot.  
Front back straight straight left.  
Slap left, slap right.  
Repeat whole step, starting with left  
foot.

Sixth Step.

Slap hop onto right foot.  
Tap left foot.  
Slap right.  
Tap left.  
Tap right.  
Reverse (left foot)  
Repeat step 4 times.

Exit.

Moving left.  
Slap right.  
Slap left.  
Tap right.  
Reverse, slap left first.  
Repeat until off floor.



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TAP MOVEMENTS.

TAP: Touch the floor with the ball of the foot.

BRUSH TAPS: Forward brush is to tap the floor as you extend the foot forward. Back brush is to tap floor as you move the foot backward.

HOPS: Raise one foot and spring into air and land on same foot.

BREAKS: Ending of the step.

SHUFFLES

OR RATTLES: Three taps made with the same foot. (Front back straight)

TRIPLE

TAPS: Same as shuffle (3 taps)

Tap Exercises.

Slap tap (2 taps) running round the room to any Fox-Trot.

Shuffle tap (3 taps) round room to any ~~Foxx~~-Trot.

Waltz Time Step, fairly fast Waltz.

Counts:

One Straight tap left foot  
and Front tap right foot  
Two Back tap right foot  
and Straight tap right foot  
Three Straight tap left foot

Single time step any Fox-Trot.

Counts:

One Straight tap right foot  
and Front tap left foot  
Two Back tap left foot  
and Straight tap ~~left~~ right foot  
Three Straight tap right foot

Counts:

And Front tap right foot  
A Back tap right foot  
One Hop on left, accent strongly  
Two Straight on right, takes weight  
and Front tap left foot  
Three Straight tap left  
Four Straight tap on right, accent  
strongly.

Counts:

And Front tap left  
A Back tap left  
One Hop right, accent strongly  
Two Straight tap left, takes wt.  
and Front tap right  
Three Straight tap right  
Four Straight tap left, accent  
strongly.

Strut Step--Slap left, heel tap left, slap right, heel tap right.  
any Fox-Trot.

Kick-----Hop left, hop and high front kick right, reverse hopping  
right.

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GROUP GAMES WITHOUT APPARATUS.

- TUG OF WAR: (a) Opposing files facing each other: Every player "hangs on" firmly to the man in front of him, and everybody pulls from the same position (standing, squatting, etc.), the leaders grasping hands or a short rope in the middle.  
(b) Opposing ranks facing each other; a straight line is drawn between the two teams, over which everyone tries to pull his opponent. When anyone is pulled over the line, he must then pull for the side he is on.
- SKIN THE CAT: Class divided into two or more files, all standing and facing the same way. On "ready!" everyone bends forward and downward, placing his right hand between his legs and grasping with his left the offered hand of the person in front of him. On "Go!" the last person in every file lies down on his back without letting go his grasp, and the rest of his team shuffles back with legs wide apart, until the man next to the end-man has room enough to lie down in the same way. When the whole file is lying down, the cat is skinned, but to make it a more interesting race, the cat may be re-skinned by having the leader get up and pull the rest of the team with him until they are all lined up in the original starting position. If anyone lets go the handgrasp, his team is disqualified.
- CIRCLE DUMMY: The players form a circle by a long-sitting position, with their feet pointed towards the centre, in which a chosen player, the dummy, is standing. The players stretch their arms out forward-upward, and the dummy, holding himself as stiffly as possible, falls on to them. The players push the dummy around, and whoever lets him fall becomes the next dummy.
- ANGEL THROW: Lined up in two ranks about a yard apart, the players face each other and join hands across. A chosen player, the angel, takes a short run, and throws himself into the air above the joined hands of the others, keeping his arms and his legs outstretched. The rest propel him along by a series of upward swings. Somebody assisting him to the floor at the far end of the two ranks. Note: To prevent any possible injury, the players should be told to stand close together in their respective ranks; to secure a firm grasp with their partners' hands; to keep their heads back (lest the angel should hit them); and to use their judgment in throwing the angel up.
- HORSES AND RIDERS (PICK-A-BACK) The Horses and the Riders may be arranged in ranks (even number) and the latter told to mount and dismount to the whistle, to determine the best horseman. Or they may be lined up for a race, individual or relay. In each case, however, the players should alternate. (For this reason, it is best to have each player "pick a man





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